

# Strides

## Building Athletes

CENTRAL NEW YORK'S PREMIER  
ATHLETIC PERFORMANCE SITE

### INTRODUCTION

*Welcome athletes, coaches, & parents!*

**STRIDES of CNY, LLC** offers two training sites in Syracuse, New York. Our northeast site is located within the Cicero Family Sports Center (Cicero, NY). The northwest site is located within the CNY Family Sports Center (Baldwinsville, NY). Our programs are designed specifically for athletes of ALL sports. The program strongly emphasizes improving an athlete's strength, power, and speed. In addition we develop quickness, agility, balance, core, mobility, and enhance the athlete's energy system. A certified strength & conditioning specialist with professional sports experience developed the programs.

Teams can greatly benefit from this strength & conditioning. Not only will your athletes be in top cardiovascular shape for the start of the season, they will also be bigger, faster, stronger and more powerful. We have exceptional experience training youth, high school, college (Division I, II, III), and professional athletes. Our athletes have greatly improved their performance as a result of our programs. So come take part in the future of strength & conditioning performance!

[www.StridesStrength.com](http://www.StridesStrength.com)

## INDIVIDUAL PERFORMANCE PROGRAMS

### STRENGTH TRAINING

- ❑ 1 Training day/week  
1.0-hour session - \$50/month
- ❑ 2 Training days/week  
1.0-hour session - \$75/month  
1.5-hour session - \$100/month
- ❑ 3 Training days/week  
1.0-hour session - \$100/month  
1.5-hour session - \$175/month
- ❑ 4 Training days/week  
1.0-hour session - \$150/month  
1.5-hour session - \$200/month

### STRENGTH - SPEED - CONDITIONING

- ❑ 2 Training days/week  
1.5-hour session - \$125/month
- ❑ 3 Training days/week  
1.5-hour session - \$225/month
- ❑ 4 Training days/week  
2.0-hour session - \$325/month
- ❑ 5 Training days/week  
2.0-hour session - \$425/month
- ❑ 6 Training days/week  
2.0-hour session - \$725/month

## TEAM PERFORMANCE PROGRAMS

**\*\*Team discounts are available**

## PERSONAL PERFORMANCE PROGRAMS

### GROUP TRAINING/BOOT CAMP

Number of Sessions	Group Training (4-6 clients/session)	Boot Camp (6-10 clients/session)
1	\$60/hr	\$40/hr
6	\$300 (\$50/hr)	\$180 (\$30/hr)
12	\$540 (\$45/hr)	\$300 (\$25/hr)
18	\$720 (\$40/hr)	\$360 (\$20/hr)
24	\$840 (\$35/hr)	\$432 (\$18/hr)

## ADDITIONAL SERVICES

### NUTRITION ANALYSIS

- ❑ Nutrition Packet & Analysis -----\$150/athlete
- ❑ Nutritional Evaluation Log -----\$100/month

### EVALUATION

- ❑ Strength & Conditioning Screen----\$200/athlete
- ❑ Strength & Conditioning Testing ---\$100/athlete

### PRESENTATIONS

- ❑ Provide health, nutrition, and training seminars for sport organizations, coaches, parents, tournaments, & corporations  
**\*\*CALL FOR PRICING**

## PERFORMANCE TEAM

**Michael J. Derecola, ATC, CSCS**

**Owner/Head Strength & Conditioning Specialist**  
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**Joseph M. Derecola, CSCS**

**Assistant Strength & Conditioning Specialist**  
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**Chris Howard, MS, CSCS**

**Assistant Strength & Conditioning Specialist**  
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